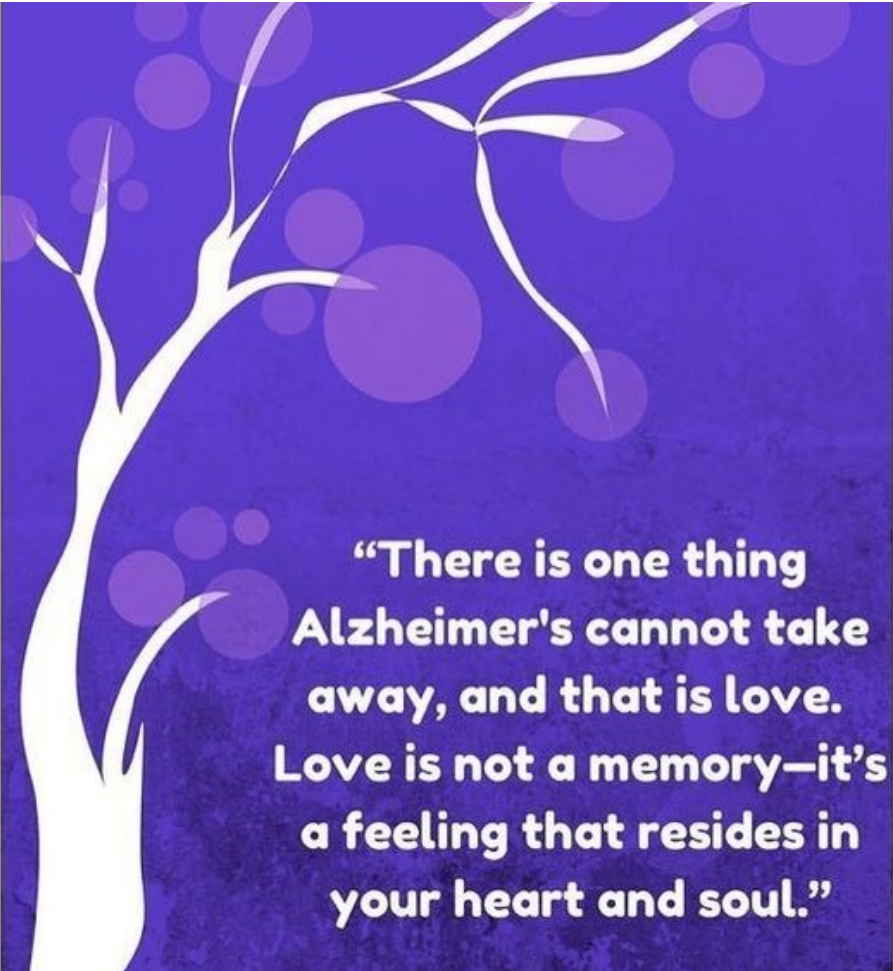




# DAYBREAKING NEWS

SENIOR CENTER PLUS • MEDICAL DAY • DEMENTIA PROGRAM

October 2018



**“There is one thing  
Alzheimer's cannot take  
away, and that is love.  
Love is not a memory—it's  
a feeling that resides in  
your heart and soul.”**

7819 Rocky Springs Road, Frederick, MD 21702

301-696-0808 • TTY/HCO 1-800-735-2258

[daybreakadultdayservices.org](http://daybreakadultdayservices.org)

# LOOKING AHEAD - UPCOMING ACTIVITIES



**Mondays AM**  
**Bridge with**  
**Anna & Lucien**



**Crossword**  
**Puzzle**

**Tuesday, 10/2**  
**Music with**  
**Pete & Betty**



**Karaoke**

**Thursday, 10/4**  
**Participant's Council**  
**With Christina**

**Friday, 10/5 & 10/12**  
**FCC class here**  
**National Monuments**

**Wednesday, 10/17**  
**Music with**  
**The Golden Tones**

**Wednesday, 10/31**  
**HALLOWEEN**  
**PARTY!!**  
**Best Costume**  
**Contest**

**Tuesday's**  
**Poker with**  
**Tony**



**Bowling**



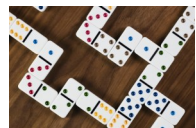
**Bingo Games**



**Book**  
**Club**



**Birthday**  
**Celebration**



**Dominoes**  
**Tournament**



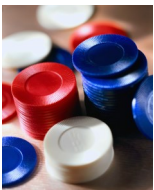
**Hymn Sing**



**Drum Therapy**



**Manicures for**  
**Men &**  
**Women**



# The Director's Corner

October greetings! I still can't wrap my head around the fact that it is October already. The weather hasn't done much to help make it feel like fall, or even summer for that matter. The new season of "wet"!

In spite of the rain, our fantastic friends from Bimbo Bakeries were able to get a crew in here last weekend to paint the porticos in the courtyard. New sky blue ceilings and crisp white posts look really sharp. It was also Bimbo Bakeries (with help from one of our families) that overhauled our pond. It looks great with a working fountain and waterfall, new fish and some really beautiful water plants. We have another crew from the United Way Day of Caring coming this week to do some more work in the courtyard. We will REALLY enjoy it out there once the sun comes out!

We are truly blessed with volunteers and helpful and generous friends. We welcome 3 new Hood College interns to the team this month. All three are studying social work and will be helping our activity staff to fill a 40 hour volunteerism requirement for one of their classes. We love having the Hood (and FCC) volunteers with us. We also welcomed some new "seasoned" volunteers to the family recently and are most grateful for their dedicated and generous commitment to being here. Our volunteers are a special crew who help the staff and participants alike!

That extra help is particularly welcome now as we are seeing our census numbers increase quickly. We are once again approaching maximum capacity. With that in mind, please try to alert us to absences and schedule changes promptly. We pride ourselves on being accommodating and helpful to our families. It gets harder to meet requests for extra days or schedule changes when the center is full. When we know in advance that someone scheduled isn't coming, however, we know we have a space we can allow someone else to use if they have a need.

We also ask, particularly with a full building and the changing weather, that you label extra clothing like hats, gloves and jackets. We have a fairly reliable system to keep track of it all, but in the course of our busy bus unloading time, a coat can get miss-hung and then we are all scrambling to remember whose it was.

I close with wishes for sunny days and crisp clear skies. Please call or email if I can be of service to you. We are so glad that you are a part of our family!

Fondly, Christina

# Community News and Notes

## AT THE SENIOR CENTERS

### **October 5: Food Distribution, Frederick Senior Center**

The Division of Senior Services, in cooperation with Seed of Life, Inc. and the Western Maryland branch of the Maryland Food Bank will offer a monthly food distribution program for eligible seniors one day each month from 1-2 pm at the Frederick Senior Center. Easy drive through pick-up.

**October 16: Urbana Senior Center-** Dr. Craig Hauser, who oversees Kannavis, a local cannabis dispensary, will discuss the medicinal benefits of cannabis and how it might impact the aging process both physically and mentally. 6:00 p.m. Cost: Free Optional Fried Chicken Supper, 5:15 p.m. \$5.00 person, reservations required 301-600-7020.

**October 19: Circle of Friends...Memory Café !** 11:30-1:00 at the **Frederick Senior Center**. This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends and professionals come together to share a meal a, friendship and activity. RSVP is required as space is limited. 301-600-6001. There are other Memory Café's throughout the county, call for more info and the schedule!

**Medicare D Open Enrollment-** Mark your calendar and plan to **schedule an appointment** with a Senior Services Medicare counselor to review your Medicare Part D plan for 2019. It's important to review your Medicare Part D plan annually because coverage for medications can change. It is particularly important that Maryland State Government retirees schedule an appointment to select a plan because medications will no longer be covered under the Maryland retiree insurance plans beginning January 1, 2019. Appointments will be available at the Senior Services Division offices as well as the senior centers in Brunswick, Emmitsburg, Frederick, and Urbana. Counselors will be available during the open enrollment period of October 15th through December 7th. Appointments will fill fast, call today! 301-600-1605.

# Community News and Notes

## IN THE COMMUNITY

**October 2 and 3 Caregiver Conference and Elder Expo** sponsored by the Frederick County Elder Services Provider Council will be held at the Fairgrounds **October 2 and 3**. The Caregiver Conference is a great way for busy caregivers to get LOTS of information in a short amount of time. Dinner AND caregiving by Daybreak staff is included at NO CHARGE...no excuses! **Registration is required for the conference** (not EXPO). Call Christina if you have any questions.

**October 5 Helping Vets obtain Veterans ID Card or VA Claims Assistance-** 9 a.m. until 3 p.m. at the FSK Post 11 American Legion- 1450 Taney Avenue, 301-662-9345. This event is open to the public and there is no charge. This is Vets helping Vets. VA representative also available.

**October 9 Powerful Tools for Caregivers-** The Caregiver Program at the Division of Senior Services (formerly the Department of Aging) and Daybreak Adult Day Services are partnering to offer *Powerful Tools for Caregivers*. This evidence based program is a self-care educational class for family caregivers designed to provide you with tools and strategies to better handle the unique challenges of caregiving. The class will be taught by Mary Collins and Mindy Heinz and will take place at Daybreak on 6 consecutive Tuesday nights starting October 9. Respite care and light fare will be provided. Registration is required and space is limited to 12 participants. Call Mindy or Mary for more information 301-600-6001.

**October 27 Community Health Fair-** Saturday October 27, 8:00am-3:00 pm Frederick Fairgrounds. Free health services and screenings. Interpreters available. No insurance required .

**November 13 Alzheimer's Association Dementia Conference** will be held at the Walkersville Social Hall from 8:00am-12:30pm. Speakers will be sharing information about the latest in Alzheimer's research, and the role of religion and humor in your journey. As care partner. It is always an informative event! Call 301-696-9061 for more info.



## Some Caregiver Tools

Recently, a friend went to a Parkinson's Support Group where the speaker, who has Parkinson's, shared some things she carries with her in case of an emergency. They are:

- A list of allergies (medical and environmental) including the reaction.
- A complete list of medications (prescribed and OTC), including any dietary supplements and what they are for.
- A list of all the doctors who are involved in her care.

As my friend shared, it brought back memories of information I used to keep about my mother that made doctors' appointments, numerous Emergency Department "visits", hospitalizations, and rehab go more smoothly. Curious about what information health care providers suggest caregivers have about their loved one, I came across a website, [www.betterhealthwhileaging.net](http://www.betterhealthwhileaging.net), "Practical information for senior health and family caregivers". Posts by Leslie Kernisan, MD, MPH (Medicine and Public Health) on a wide range of topics includes four key tools for improving the healthcare of an older adult.

These include:

- A journal (paper or digital) or notebook for notes and tracking symptoms of such things as falls, pain, fatigue, incontinence, increased confusion, and sleep problems. Include when, how often, severity, triggers, or a certain pattern. Write down concerns and/or questions to ask the doctor/healthcare provider at the next appointment. If possible, take notes during the visit including "Action Items" or "Next Steps". Be sure to ask the provider to clarify anything you're not sure about.
- Up-to-date medication list, including OTC medications and dietary supplements and what they are for. Highlight new or recently started medications.
- Organizer (a.k.a. Personal Health Record) to keep copies of medical results including labs. If labs were done prior to the appointment, ask for a copy of the labs.
- Personal/family task organizer to keep track of the "to-os". Dr. Kernisan recommends either a notebook or for those with a smartphone, a "task management app".

In this high-tech world, there are a number of apps and ways to keep information electronically. Do whatever works best for you.

With all that goes along with being a caregiver, including the 24/7 responsibility, the stress, the angst at times, and the joy, Dr. Kernisan's caregiver tools may seem like just another thing to do. Many of you may already have these tools in your toolbox. If you don't, may I suggest, at the minimum, to start by keeping an up-to-date list of medications and some brief notes on any changes or events that happen at home or at Daybreak. You will be better prepared for your next doctor's visit or for an emergency. **And, please, don't forget to tell the Daybreak nurses of any medication changes or events that happen at home.** That helps us as we care for your loved one.

For more practical information for caregivers, check out the above-mentioned website, [www.betterhealthwhileaging.net](http://www.betterhealthwhileaging.net).

--Linda K. Ford, RN



## PLEASE TAKE NOTE— NO FLU SHOT CLINIC AT DAYBREAK THIS YEAR



Daybreak will **NOT** be giving flu shots at the center this year. Please talk with your physician or visit one of the many flu shot clinics around town to get your shot this year. We strongly recommend that all participants, caregivers, staff and volunteers get the flu shot every year.



## From the Social Worker

### Are you registered and ready to vote?

Remember that your vote is your voice. Just as we all have performance evaluations at our jobs, election day, is our chance to evaluate the performance of our elected officials and vote for them again if we like the job they are doing, or maybe vote for their opponent if we are not happy with the job they are doing. We vote to defend democracy. We vote to hold our elected officials accountable. We also vote to return power to the people. According to the Pew Voting Frequency Survey ([pewtrusts.org](http://pewtrusts.org)), “lack of interest is the most common reason that eligible citizens are unregistered” to vote, with 44 percent giving this as their reason for not registering to vote.

Being registered to vote in Maryland is permanent as long as you live in Maryland and keep your name and address current. To register to vote in Maryland, you have several options:

- 1) Visit Maryland’s online voter registration system and apply online at [https://elections.maryland.gov/voter\\_registration/application.html](https://elections.maryland.gov/voter_registration/application.html).
- 2) Call 301-600-VOTE (8683) to request an application in the mail.
- 3) Download and print an application from Maryland state board of elections website (available in English or Spanish at [https://elections.maryland.gov/voter\\_registration/application.html](https://elections.maryland.gov/voter_registration/application.html))
- 4) Pick up an application at the Motor Vehicle Administration (MVA), state board of elections office, Department of Social Services, Offices on Aging, Frederick Community College, or the court house.
- 5) Go to 340 A Montevue Lane in Frederick, Monday through Friday 7:30 AM to 4:00 PM.

Remember that you may register to vote anytime except between 21 days before an election and 11 days after an election. With the next election day of November 6, 2018, you are able to register to vote up until October 16th at 9:00 PM. Once you register, you should receive your voter notification card three weeks after you submit your application. Your voting registration card will list your polling place.

Maryland is one of the 33 states that allow early voting. I love early voting because I find the lines to be much shorter with sometimes no wait at all. Early voting takes place October 25th through November 1st from 10am to 8 pm at these 4 locations:

—Frederick Senior Center – 1440 Taney Ave., Frederick, MD 21702

—Thurmont Regional Library – 76 East Moser Rd, Thurmont, MD 21788

—Urbana Regional Library – 9020 Amelung St, Frederick, MD 21704

—Middletown VFD Activities (general election only) – 1 Fireman's Lane, Middletown, MD 21769

Prior to the election, you should receive a sample ballot in the mail. This is helpful for knowing who is running for the different offices and deciding in advance who you want to vote for. Research the candidates. Search for their websites and platforms online. I caution against getting information about candidates from Facebook. You do not need to vote for all offices listed on the ballot. Vote for the positions you care about and feel free to leave others blank if you haven't had a chance to research the candidates for those offices.

Find more information at <https://www.frederickcountymd.gov/1198/Board-of-Elections> or [www.rockthevote.org](http://www.rockthevote.org). Please let me know if you have any questions or need an application to register to vote or an application for an absentee ballot. ~Cheralee Von Ancken, LCSW-C

**OCTOBER 14, 2018**

**11:00 am**

**Nymeo Field**

**Call if you want to walk  
with us or make a donation  
to the Alzheimer's  
Association!**



83493076



## *Staff News and Notes*

### **HAPPY ANNIVERSARY**

Part time nurse Bobbie Speace celebrates 6 years at Day-break! Bobbie is a kind and compassionate nurse with many years of experience. We love having her here!

### **WELCOME**

We welcome new Driver Bill West to the team. Bill joined us post retirement from a many year career in the printing world and is enjoying getting to know the folks in the Brunswick/Adamstown route. We are so happy to have Bill with us!

We have also just hired some new nursing assistants to join the team in October. Watch the next newsletter for details!

### **Help our Kitchen Staff to serve you better!**

Our small but mighty kitchen staff (Ann and Doris) do an amazing job of preparing and serving breakfast, lunch, and snack each day for upwards of 70 people. We do our best to accommodate federal food and nutrition requirements as well as the unique and personal dietary needs of our participants.

We try to learn about those needs prior to admission so the staff is prepared to modify meals before they are served. This helps keep the service smooth and insures that everyone gets their meal at the same time. It can be challenging when participants tell us of a dietary preference (generally a dislike) as the plate is being served to them. Please take some time to review our menu in advance and let us know of things your loved one does not like. Our kitchen staff can then plan an alternative in advance and serve their meal at the same time as everyone else's. **THANK YOU!**



## MEMORIAL DONATIONS



Families who have benefited from the services of Daybreak may be looking for opportunities to keep the memory of their loved one alive. One way to do so is to give a memorial donation to Daybreak in your loved one's name, or to designate that memorial donations from family and friends be sent to Daybreak. Daybreak is a non-profit 501c3 and donations are tax deductible. Donations made in memory of a participant will be acknowledged to the donor and to the family. Donations are used to support program needs and the scholarship fund. If you are interested in making a memorial gift or want to learn more about these tax-deductible contributions, please contact Christina at [director@daybreakadultdayservices.org](mailto:director@daybreakadultdayservices.org).

## OUR CONDOLENCES



*To the friends and family of*

*Norma Lyles  
Oliver Brown  
Jim Clemson*

*They will be missed.*



Bowling field trip to Walkersville Lanes. Check out some of these techniques!



Love visits from our Go TeamTherapy Dogs.  
They get a lot of love from our participants!



# Daybreak Sock Hop



Poodle skirts, rock & roll music, hula hoops and root beer floats!





# HAPPY BIRTHDAY

OCTOBER

13th Bob C.  
20th Mederic C.

## DAYBREAK'S CAREGIVERS SUPPORT GROUP

*Try out our support group, which is a place for caregivers to share tales, ideas, challenges and just take a breath with others who really get it.*

*We meet the third Monday of each month from 4:30-6:30 at Daybreak. Dinner and care-giving are provided AT NO COST TO YOU!*

*Upcoming Support Group Dates*

*Oct 15    Nov 19    Dec 17*

*Please RSVP to Gwenda if you plan to attend.*

Daybreak Adult Day Services, Inc.  
7819 Rocky Springs Rd.  
Frederick, MD 21702

## Board of Directors

Dr. Joseph Devadoss, Chairman

Darlene Crutchley, Vice Chair

Susan Johnson, Board Member

Marianne Meighen, Board  
Member

Peter Melcavage, Board  
Member



*Daybreak Adult Day Services exists for the sole purpose of providing a safe, structured environment and a flexible therapeutic program of services and activities with individual plans of care designed to permit older adults of Frederick County to remain in their homes and communities, living as independently as possible, with dignity and a renewed sense of purpose and hope.*